



I Don't Drink!: How to quit alcohol - a drinker's tale

Mr julian Kirkman-Page

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*****GIVING UP DRINK HAS TOTALLY REVOLUTIONISED MY LIFE! - I CAN HELP YOU DO THE SAME*****

If YOU want to STOP DRINKING and improve your life forever, Then this book WILL tell you HOW!

I had never considered myself to be an alcoholic. But after 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term outlook on life, and I finally realised just what a mess my life had become. I had even watched my mother and elder brother die due to drink, he was only 56! Then, in December 2012 I decided enough was enough and I quit alcohol forever. I created my own methodology and without resorting to drugs, rehab or any outside help, I have never touched a drop since and I know I never will again. I have never been so wonderfully healthy or happy as I am now, I have revolutionised life for me and those around me I love. Even my type 2 diabetes has been resolved, and I expect to live another 30 years at least. AND IMPORTANTLY - following my methodology, despite what you may anticipate now, like me you won't miss drink at all!

My book tells you exactly how I quit, and how you can do the same. My methodology works, it's easy, it's unique, it's now helping well over a thousand other people, and most especially, it's all POSITIVE and FORWARD thinking!

The book includes: • Discussion: Was I/Are you an alcoholic? How much did I drink? Why did I give up drinking? And much more... • My proven methodology: Set out in clear terms for you to follow to rapid success. • A day to day guide: Daily diary-style help for the initial stages including advice with what and when to tell other people, and how to cope at key events including your first meal out, a wedding, a major drinking event, and more... • Amusing drinking stories and true tales of woe to help instil in you a **'been there – done that'** state of mind.

***** A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION which closely follows the methodology I employed*****

From the foreword by hypnotherapist and addiction expert Dan Jones:

It is not often a book comes along that offers the reader exactly what they are looking for, this book does just that. This book gets to the point; it gives a clear and easy to follow 'no nonsense' approach. It is full of real life examples from an author that has 'been there and done that'.

For more information and help, video extracts from my book and to keep up to date with my blog visit www.idontdrink.net

You will also find details of my new book **'One less for the Road'** for the drinker who needs to, but who doesn't want to quit!

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From reader reviews:

Vivian Bennett:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each guide has different aim or even goal; it means that reserve has different type. Some people sense enjoy to spend their the perfect time to read a book. They are reading whatever they consider because their hobby is reading a book. Think about the person who don't like reading through a book? Sometime, man feel need book once they found difficult problem or exercise. Well, probably you will require this I Don't Drink!: How to quit alcohol - a drinker's tale.

Louis Venable:

Do you have something that you like such as book? The reserve lovers usually prefer to select book like comic, quick story and the biggest an example may be novel. Now, why not seeking I Don't Drink!: How to quit alcohol - a drinker's tale that give your pleasure preference will be satisfied through reading this book. Reading habit all over the world can be said as the way for people to know world a great deal better then how they react when it comes to the world. It can't be stated constantly that reading addiction only for the geeky particular person but for all of you who wants to end up being success person. So , for all of you who want to start reading as your good habit, it is possible to pick I Don't Drink!: How to quit alcohol - a drinker's tale become your personal starter.

Steven Huckins:

This I Don't Drink!: How to quit alcohol - a drinker's tale is great guide for you because the content and that is full of information for you who have always deal with world and also have to make decision every minute. This specific book reveal it facts accurately using great plan word or we can state no rambling sentences included. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but challenging core information with wonderful delivering sentences. Having I Don't Drink!: How to quit alcohol - a drinker's tale in your hand like finding the world in your arm, information in it is not ridiculous 1. We can say that no publication that offer you world throughout ten or fifteen second right but this book already do that. So , this is good reading book. Hey there Mr. and Mrs. busy do you still doubt that will?

Erik Figaro:

Beside that I Don't Drink!: How to quit alcohol - a drinker's tale in your phone, it might give you a way to get nearer to the new knowledge or information. The information and the knowledge you may got here is fresh from the oven so don't become worry if you feel like an previous people live in narrow small town. It is good thing to have I Don't Drink!: How to quit alcohol - a drinker's tale because this book offers for your requirements readable information. Do you sometimes have book but you don't get what it's facts concerning. Oh come on, that will not happen if you have this in your hand. The Enjoyable blend here cannot

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